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WELL ... AT LEAST HE'S NOT ROB FORD

WITH T.O.'S MAYOR BATTLING CRACK-COCAINE ALLEGATIONS, WE LOOK AT THE SCANDALS (OR LACK THEREOF) OF MAYORS IN METRO CITIES NATIONWIDE PAGE 11

Hey, bike thief! Not in this town

Community overwhelms family with support after 11-year-old's bike was stolen from his backyard PAGE 3

Bitter truth on sweet little lies

Human beings make poor lie detectors, a B.C. researcher has found. She offers a few tips on how to spot a liar — they're not foolproof, and here's why PAGE 8

Working for the weekend, and why not?

From Relay for Life to afternoon of blues to, well, cheese, Metro's got London's weekend covered PAGE 25

NEWS WORTH SHARING.

Man out-evolves monkey in the tool department

Western University. Researchers tap into why humans are so darn good at using tools

ANGELA MULLINS
angela.mullins@metronews.ca

The next time you pick up barbecue tongs and head into the backyard consider this: There's only a small part of your brain that lets you flip burgers better than, well, a monkey.

Experts at Western University have proven as much in a new study that shows the most highly evolved parts of the brain kick in when we use tools, as opposed to simply reaching out for a handshake.

The findings help answer the long-standing question of precisely what makes humans able to complete complex tasks that leave other primates fumbling around all thumbs.

"There are certain regions in a monkey brain versus a human brain … that are much bigger and some that are about the same size," explained Jody Culham, associate professor at Western's Brain and Mind Institute and in the school's psychology department. "(Areas) that control just the tool (use) are much bigger in humans than in other animals."

Culham led the study that saw people wheeled into an MRI machine so their brain activity could be monitored.

Once inside, people were asked to grab hold of objects — sometimes with a hand and in other instances with a pair of special tongs.

Results showed different regions of the brain were working depending on whether a hand or the tongs were in play.

Overall, the study, published in the science journal eLife, was part of an ongoing effort to learn more about how the brain functions, Culham said.

Knowing that, she said, could have a lot of big implications. Some tests being done elsewhere, for example, are feeling out the possibility of funneling brain activity through a machine and into something like a prosthetic arm.

The tests, Culhman said, are creating hope that people with neurological disorders, such as multiple sclerosis, will one day be able to regain body movement.

PHEASANT PHANTASTICA

This taxidermied pheasant is one of the more ornate items at Marvin Post's new store Phantastica, Oddities and Curiosities (232 Dundas St.). The longtime Attic Books owner is spreading his wings into something a little less tame. Story on page 6. MARK SPOWART/FOR METRO

London CLEAN & Green PRESENTS

Greening Our City

London Clean & Green Schedule for June 2013

Did We Hear You Right?

ReTHINK

Discussion papers have been prepared for ReThink London's key directions. These directions are the eight things that we will focus on as a city for the next 20 years in order to make London a great place to live. We'd like to check back in with you, the community, to hear if you think that we got it right!

rethinklondon.ca

JUNE SAT 1

Gathering on the Green

10am - 5pm

All Day BBQ, Charlotte's Tea Garden, Bicycle Parade, Silent Auction, Dunk Tank, Kid's Korner, Crafts, Plant & Flowers and much more!

Village Green, Wortley Rd at Elmwood Ave.

oscolondon.ca

COMMUNITY OLD SOUTH ORGANIZATION

JUNE SUN 2

YMCA Children's Safety Village

Noon - 4pm

12th Annual Children's Safety Village Birthday Party at Fanshawe Conservation Authority.

1424 Clarke Rd.

safetyvillage.ca

YMCA Children's Safety Village

JUNE TUE 4

Bike 101 Tips

6 - 7pm

A free bike maintenance clinic – Best suited for beginners.

Mountain Equipment Co-op.
1230 Wellington Rd.

emily.hinton@mec.ca
or call 519 668-6657.

MOUNTAIN EQUIPMENT CO-OP®

JUNE WED 5

ReThink London

7 - 9pm

An evening with Ken Greenberg and the ReThink London Team!

London Public Library (Central).

rethinklondon.ca

ReTHINK

JUNE THU 6

Bicycle Film Festival

8pm

Screening local bicycle related video submissions.

Old East Studios
755 Dundas St.

trea.ca

JUNE SAT 8

Tree Planting

10am - 1pm

300 native trees and shrubs to plant at Jesse Davidson Park, 731 Viscount Rd.

reforestlondon.ca

JUNE SAT 8

Our Street Block Party

11am - 4pm

Something for everyone! Programming focused on physical activity, healthy living, a sustainable future and dynamic culture plus kid's activities.

Dundas, between Wellington & Ridout.

ourstreet.ca

PLAY ON THE STREET

JUNE SUN 9

Kids CAN-BIKE Program

7 - 8:30pm

Bicycle basics for children ages 9-13 years. In-class and on-bike instruction teaches children key bicycle handling skills necessary for safe riding on the street. Byron Recreational Centre. Fee $65(R) $70/(N). Register with City of London Recreation programs.

london.ca/playyourway
519 661-5575

JUNE TUE 11

Free Film Night

7 - 9pm

London Public Library (Central)

Premium Rush

londonpubliclibrary.ca

JUNE THU 13

TREA Public Meeting

7 - 9pm

Discussion will focus on outcomes of recent Toronto Complete Streets Forum and Provincial Bike Summit held in May 2013 and the possibilities for London.

Thames Region Ecological Association, Grosvenor Lodge, 1017 Western Rd.

trea.ca

JUNE SAT 15

Clean Your Car Help the Food Drive

LONDON CARES CURBSIDE FOOD DRIVE

Protect our Environment and fill the Food Bank!

Participating car washes in London will donate part of their proceeds to the London Cares Curbside Food Drive.

Sponsored by the City of London and the Canadian Carwash Association (CCA).

CANADIAN CARWASH ASSOCIATION

Additional events are listed on websites of many of the supporters and sponsors.

London Bicycle Festival 2013, on until June 16, brought to you by TREA

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Learn more at cleangreen.london.ca

$50K from city

SPARK-ing neighbourhood improvements

While most neighbours ask only for the occasional cup of sugar, some Londoners have gone above and beyond in their plans to improve the areas where they live.

As part of the city's SPARKS! Neighbourhood Matching Fund program, 11 projects have been approved to receive a combined $50,000 from the city.

Efforts range from planting trees to installing picnic tables.

Some neighbourhoods are getting creative. The Argyle Steering Committee, for example, hopes to create a "Passport to Argyle," promoting various sites to explore and visit.

KEVIN HURREN/FOR METRO

Media student

Muggle wins broadcast award

You could say the win was magical when Jake Kislinsky received a Broadcast Educators Association of Canada award.

Kislinsky, a student in Western and Fanshawe's conjoined media, theory and production program, recently won the title Best Feature Documentary for his broadcast piece, Western Charmed by English Prof. The feature focused on Western professor Gabrielle Ceraldi, who is preparing to launch her new English course, The Many Faces of Harry Potter — a course that will critically explore all seven books in the Harry Potter series.

KEVIN HURREN/FOR METRO

SoHo. Cops find ammunition, pepper spray in apartments

Three people were arrested late Wednesday after police found a small stash of ammunition and pepper spray in apartments near Clarence and Horton streets.

Members of the department's guns and drugs squad served search warrants at the units about 10 p.m., acting on information that drugs and weapons were likely inside.

They found neither, but did turn up five gun magazines in one of the apartments. Combined, the clips were stocked with 37 rounds for a 9-mm firearm.

Officers found pepper spray, considered an illegal weapon, in the other apartment.

Police also searched a house on Wellington Street near Horton Street on Wednesday night.

Nothing was seized from that address and there were no arrests, Steeves said.

ANGELA MULLINS/METRO

The charges

Jason French, 39, Jeffrey Pierce, 41, and James Hopkins, 47, are charged with possession of a prohibited device after ammunition was found in an apartment near Clarence and Horton streets.

- French is also charged with breach of probation.
- Hopkins is also charged with possessing ammunition while prohibited.
- Sabrina Dodge, 29, is charged with possession of a prohibited weapon found in another apartment near the intersection.

Community gets rolling over boy's stolen wheels

Generosity. Family overwhelmed with offers after son's bike taken from backyard

KEVIN HURREN
london@metronews.ca

When he was younger, Peter Stemp saved money from his paper route to buy a bike, only to have it stolen.

Now, more than 50 years later, he's one of the many people who's been reminded of his childhood disappointment through the experience of Alex Rosseel.

"Having been in that situation as a kid who loses his bike, I know that feeling," Stemp said Thursday.

Stemp and others are rushing to help the 11-year-old.

Since news of Rosseel's plight hit Twitter early Wednesday, his family has been inundated with calls from people like Stemp who want to help.

"We're overwhelmed," said Allen Rosseel, Alex's father. "The community took it upon themselves to help him out."

One anonymous donor went as far as leaving a used bike on the family's front lawn Thursday. Another Londoner started a Facebook page asking for donations toward a replacement — more than 160 had joined the page Thursday afternoon and had pledged more than $400.

Even the Forest City Velodrome, London's cycle-racing track, took notice.

Benjamin Hill, a volunteer with the Velodrome's youth program, also had his bike stolen as kid. He didn't want Rosseel — who saved birthday money, Christmas money and shovelled driveways to buy his bike — to get discouraged.

The Velodrome is offering Rosseel a new ride through their program that refurbishes second-hand bikes.

"It's obviously a bike that he's worked hard for and it means a lot to him," Hill said. "Since he seems to like his bike a lot, we wanted to invite him out to check out our youth program and think about joining."

MISSING
BIKE
Please bring it back, it took me a long time to save up to buy it. I am 11 years old & just want my bike back
Please bring to
170 BASELINE RD. W

The signs Alex Rosseel, 11, of London, posted around his neighbourhood asking for help in finding his stolen bicycle got circulated on Twitter. They've led to a big response from the community. MARK SPOWART/FOR METRO

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Winds of change for green energy

Major changes to Ontario's rules on green energy projects will give municipalities a greater say over the location of new wind and solar farms, and a chance to get a slice of the revenue, Energy Minister Bob Chiarelli said Thursday.

"There's a lot more incentive for municipalities to want to participate," said Chiarelli. "They now can participate as a joint venture partner or a minority partner, and their participation creates a higher likelihood of the project being approved."

Proponents of large-scale green energy developments will have to work with municipalities as part of a new competitive process before they can ask for approval from the Ontario Power Authority.

Those that actually partner with a municipality will be given top priority for approval, while those that don't get local participation stand little chance of getting the go ahead, said Chiarelli.

Critics pounced on the announcement as all show and no substance because municipalities won't have the power to veto new energy projects.

THE CANADIAN PRESS

All show, no substance?

"The Ontario government's announcement of changes to the renewable energy program is an empty gesture."

Jane Wilson,
Wind Concerns Ontario

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The Upper Thames River Conservation Authority's headquarters are located near the Fanshawe Dam at Fanshawe Conservation Area.
UPPER THAMES RIVER CONSERVATION AUTHORITY

Being green earns new building top honours

LEED certification.
Sustainable approach makes Watershed one of area's most environmentally-friendly buildings

See for yourself

- The Upper Thames River Conservation Authority's Watershed Conservation Centre will officially open at 1:30 p.m. Friday.
- People will be able to go on tours and check out all the green bells and whistles.

MARK SPOWART
london@metronews.ca

You could say it's a watershed moment for the Upper Thames River Conservation Authority.

The keepers of London's waterway will officially swing open the doors Friday to one of the most environmentally friendly office buildings in southwest Ontario.

Dubbed the Watershed Conservation Centre, the building nestled just south of the Fanshawe Dam has earned the highest certification possible for a green building.

It's the first office building in London to boast the distinction, and only the second in the area.

Alex Shivas, the conservation authority's coordinator of lands and facilities, says the honour doesn't come by accident. There was a lot of planning that went into earning the mark.

For example, the building uses 50 per cent less water than the authority's former headquarters, thanks in part to low-flow faucets.

A green approach to doing away with the old building — which included 20,000 pounds of furniture — also helped in the certification.

"We were able to find a furniture broker who took all of it and was able to put it back into use," Shivas said.

Flipping out

Sarah Goudie, 15, of London, uses a trampoline to help perfect her form Thursday at the London Gymnastics Academy on Wonderland Road South. Goudie, who recently placed ninth overall at the Canadian nationals in Ottawa, trains three to four hours a day. MARK SPOWART/FOR METRO

Research the builder before buying a home

New houses must have warranty. Non-profit warns buyers after local man fined for building without a licence or proper registration

If your home is the single largest purchase you'll ever make, it seems reasonable to spend some time researching the builder.

That's the advice from folks at Tarion, a non-profit corporation charged with insuring new homes against building shortfalls in Ontario.

"You want to avoid making an impulse decision," said Howard Bogach, Tarion's president and CEO. "This isn't a chocolate bar at the variety store you are buying."

The warning comes after London's Secondino Goncalves was fined $8,750 earlier this month for building without a license and proper registration. Goncalves was also ordered to pay Tarion $6,500 for money the company spent fixing mistakes.

Tarion's enforcement team began investigating after being contracted by a homeowner who couldn't get Goncalves to fix problems with a home he built.

Tarion raised red flags after finding out the home wasn't enrolled in the province's mandatory home warranty program. The program is designed to safeguard owners' investments against building shortfalls for up to seven years.

"The main problem is a lot of new and first time buyers do not realize that new homes in Ontario come with a warranty, so they don't know to ask," Bogach said.

From 2008 to 2012, Tarion completed 1,865 builder investigations and laid 1,318 charges leading to 957 convictions with repeat offenders sent to jail, Bogach said. Of those, 56 investigations involved 86 homes in London.

MARK SPOWART/FOR METRO

StatsCan: Severity of crimes continues to drop in London

The severity of crimes in London is on the decline.

Data released Thursday by Statistics Canada shows the city's crime-severity index came in at 91.4 in 2011, down from about 93 in 2010. Numbers for 2012 have not been released.

Minus a blip in 2009 that saw the index hit nearly 98 — up from about 95 in 2008 — numbers have been on a downward trend.

The index is compiled by a formula that assigns weights on various crimes, making some factor in as more serious than others.

While London's numbers are sliding, they're still higher than those reported for several other southwest Ontario cities.

Windsor, for example, saw its crime-severity index stat fall to 80 in 2011 from about 98 in 2008. Hamilton rang in at 76 in 2011, down about 13 points over the same four-year period.

The Statistics Canada data shows the number of police officers in London is keeping pace with population increases.

While the city grew by 10,300 people between 2008 and 2011, the number of police officers for every 100,000 people — 154 — has shown very little change.

ANGELA MULLINS/METRO

In other news

- Data released Thursday by Statistics Canada shows women account for 13 per cent of the senior leadership team at the London police department.
- The number is much higher than that posted by other departments in southwest Ontario.

Charity BBQ on Saturday, June 1st between 1-3 pm
All profits will be donated to ARF (Animal Rescue Foundation)
$5.00 nail trims between 10-4 pm
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Marvin Post, owner of Attic Books, is pictured Thursday in his new shop, Phantastica, Oddities and Curiosities (232 Dundas St.). The store opened last month. MARK SPOWART/FOR METRO

Esoteric new shop invites London's odd and curious

Phantastica. Attic Books owner on the hunt for rare and interesting finds

Looking for something unique or odd?

Marvin Post might be the just the man to see.

The longtime owner of downtown's Attic Books has opened up a new shop on Dundas Street called Phantastica, Oddities and Curiosities. True to its name, the store is filled with as much weird, off-the-wall merchandise as one could muster.

Taking a hint from the popularity of reality TV shows like Oddities and Salvage Hunters, Post's store features everything from life-sized anatomy charts to old medical equipment, pens, postcards and a series of pennants from the 30s, 40s and 50s.

"It is sort of a London-meets-the-reality shows" type of place, Post said. "It might be a little edgy for London, but when you compare the store to some of (the) shops (on television), not so much.

"We are not New York city, so we really can't push the envelope too hard," he added, referring to oddball, and sometimes creepy, things sold at the Manhattan shop featured in Oddities.

Post has had some items in his new store for more than two decades. Some were bought at auctions and put on the floor at Attic Books. Others he's had under wraps, waiting for the right time to share them with the masses.

The name

The word Phantastica in the name of Marvin Post's new curiosity shop comes from a 1924 book on drug abuse that arrived in one of his bulk purchases.

"I have a lot of book inventory, and, initially, was thinking of opening a second book store, but it is a little too close," Post said. "We have some of the more edgy books here, on topics like tattoos, erotic, drug-use, that sort of thing."

The store will buy items from people looking to make a proposal, but doesn't take anything on consignment.

Post is on the hunt for a few rare finds.

MARK SPOWART/FOR METRO

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Despite fresh allegations and loss of staff, Ford is 'doing fine'

Status d'oh. T.O. mayor keeps cool despite new reports he said he knew where alleged video was

Rob Ford brushed aside questions on Thursday about a new claim that he knew the whereabouts of an alleged crack cocaine video in another chaotic day that saw two more aides leave.

As the storm continued to rage, Toronto's defiant mayor said he's "not stepping aside."

Repeatedly asked about the allegations, Ford simply said: "Anything else? Anything else?"

That left his brother, Coun. Doug Ford, to denounce a Toronto Star report — which did not name its sources — that alleged the mayor told senior aides not to worry about the video purportedly showing him smoking crack because he knew where it was.

"This is the Toronto Star trying to keep the story alive," Coun. Ford said.

"In my opinion, we have a disgruntled employee, ex-employee I should say, that obviously is upset that's thrown these false accusations out."

The mayor had already parted ways with three key staff members since the scandal erupted two weeks ago.

Premier Kathleen Wynne expressed concern Toronto residents were losing confidence.

"The mayor needs to deal with his personal issues," Wynne said. "The lack of having dealt with them is creating a lot of that confusion."

"The premier should take care of the problems she has at Queen's Park right now," Ford shot back. THE CANADIAN PRESS

Nothing to see

"I'm running in the next election. Things are going great and we're doing fine."
Toronto Mayor Rob Ford

Toronto Mayor Rob Ford has lost a total of five staff members since the scandal broke. STEVE RUSSELL/TORSTAR NEWS SERVICE

Nabbed in Alberta

Second arrest in killing linked to the scandal

Police said a second arrest has been made in the March killing of a Toronto man believed to be seen with Ford in a photo linked to the crack video scandal.

Police said Hanad Mohamed, 23, was arrested last week in Fort McMurray, Alta., in the death of Anthony Smith and was to appear in court in Toronto on Friday charged with first-degree murder.

Nisar Hashimi, 23, was arrested in April and also faces first-degree murder charges in Smith's death.

Ford has said he is photographed with many people and doesn't know them all. THE CANADIAN PRESS

Would you be able to tell if Ford is fibbing?

Human beings make poor lie detectors — our gut feelings lead us astray, and we tend to rely on false stereotypes about shifty-eyed liars.

"Most people perform around the level of chance accuracy on a lie-detection task — the same accuracy as would be expected simply by flipping a coin," said Leanne ten Brinke, a postdoctoral fellow at UC Berkeley, in an email interview.

Ten Brinke studies deception. In her doctoral thesis at University of British Columbia Okanagan, she tested our ability to detect high-stakes lies — specifically, televised pleas for the safe return of a missing loved one, comparing genuine pleas to those of people later found to have killed the missing person.

The genuine pleaders expressed sincere sadness on their faces and gave relatively long pleas, she said.

The liars had difficulty appearing genuinely sad; instead their faces showed subtle smiles and surprise.

"Because many of the muscles in our face are not under strong voluntary control, they could not bring their eyebrows upward and together, as occurs in genuine sadness. Instead their eyebrows only came upward — making them appear surprised," ten Brinke said.

Her best advice is to throw away stereotypes about liars — especially that they will look shifty or look in a certain direction when lying.

Instead, observers should look for inconsistencies in verbal, facial and body language behaviours and look for "leakages" of genuine emotion.

Asked about finding the truth in the ongoing Rob Ford crack video scandal, ten Brinke said her research can be a great tool for investigative reporters and offered this advice: "If you notice some suspicious behaviour, you probably want to question the person further about that topic — they could be hiding something that you might be able to reveal if you know which topics warrant further questioning."

JESSICA SMITH/METRO IN TORONTO

Darwin's 'mom' back in court to get him back

Ikea monkey trial.
Abuse allegations dropped as Toronto lawyer describes unusual bond with 'son'

Yasmin Nakhuda arrives at Durham Region Courthouse on Thursday.
BERNARD WEIL/TORSTAR NEWS SERVICE

A primate sanctuary is no longer alleging that the Ikea monkey was abused by the woman who calls herself his "mom," who wept in court Thursday as she described her bond with her "son."

Yasmin Nakhuda took her monkey, Darwin, everywhere, she testified. Nakhuda, a Toronto real-estate lawyer, took him to work, the gym, shopping, to a wedding, and brought him in the shower with her.

She took him to an Ikea store in December, locked his crate and the car and told him she would be right back. But Darwin escaped and ran around the parking lot. Toronto Animal Services scooped him up and sent him to Story Book Farm Primate Sanctuary in Sunderland, Ont.

Nakhuda felt like she had lost her son, said the mother of two boys, ages 12 and 16. "I think when I had my two children I didn't have time to mother them — I was more focused on building my practice," Nakhuda said. "Having Darwin ... was like the chance to experience motherhood again."

Nakhuda sued the sanctuary to get Darwin back and was the first witness at Thursday's trial. She alleges she was tricked into surrendering the monkey. The case is not a custody battle — as Darwin is not a child — rather, Nakhuda is suing for recovery of property.

She has gone to court twice in unsuccessful bids to get Darwin back, and at one of those hearings the sanctuary alleged she had abused the monkey, by "strangling" him and hitting him with a spoon.

At the outset of the trial Thursday, Kevin Toyne, the lawyer for the sanctuary, said it was withdrawing those allegations in the interest of keeping the trial short.

THE CANADIAN PRESS

Actor battered over iPhone

A Toronto actor faced a case of life imitating art Tuesday when he was the victim of a violent theft. Jeff Hanson, currently in a play about violence, was walking home when a car pulled up.

The driver asked to borrow his iPhone. After Hanson leaned into the window and handed him his phone, the man stepped on the gas. "I had a fight-or-flight reaction," recalled Hanson, who grabbed the inside of the car.

Soon the driver sped up towards a parked car. "I knew if I didn't let go, he was going to pin me between (the parked car and his vehicle) ... So I let go and started rolling," Hanson said.

His face took the brunt of the damage, but he said plastic surgeons have assured him his actor's visage will be back to normal eventually.

"If not, you know, a few scars might make me look a little tougher," he said with a laugh. TORSTAR NEWS SERVICE

Jeff Hanson in hospital after Tuesday's incident. COURTESY JUNE MITTLER

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Harper keeps quiet about handling of unfolding scandal

Ottawa. PM has failed to address questions about how he directed staff to deal with expense issue last fall

Prime Minister Stephen Harper is steadfastly refusing to acknowledge any question about his leadership during the months last winter when an expense scandal involving three of his Conservative Senate appointees was in the public eye.

Harper has spent the past three days insisting that he first learned that his chief of staff had helped pay off Sen. Mike Duffy's $90,000 in improper expense claims only after the public was told by CTV in mid-May.

Prime Minister Stephen Harper
THE CANADIAN PRESS

But he has failed to address questions about how he instructed his staff to handle the expense revelations after they first aired late last fall.

Neither Harper nor his NDP and Liberal counterparts were in question period Thursday, so it fell to Heritage Minister James Moore to bear the brunt of the opposition onslaught.

"Duffy keeps the $90,000 while the Receiver General gets $90,000 from an illicit deal that was so wrong it cost Mr. Wright his job," said Liberal MP Ralph Goodale. "Will the government repudiate the dirty money and instead garnishee Duffy's wages and seize his assets so he pays for his wrongdoing, not some deal-maker in the PMO?"

Harper faced more than 40 direct questions on the affair in the House of Commons this week but has not provided any information on who in his office was asked to handle the scandal, what instructions they were given, or why his chief of staff took it upon himself to give $90,000 to a senator accused of improper housing expense claims.

THE CANADIAN PRESS

Syria. Foreign affairs minister urges political solution to violence

Reports of a Russian arms shipment to the Syrian regime and the rejection of peace talks by opposition groups raised fears Thursday that international efforts to bring an end to the civil war in Syria are at risk.

A political solution is the only way to end the violence, Foreign Affairs Minister John Baird and his German counterpart stressed Thursday after bilateral talks in Ottawa.

Both men expressed concern over reports that Syrian President Bashar Assad received Russian anti-aircraft missiles.

"Syria has received the first shipment of Russian anti-aircraft S-300 rockets," Hezbollah's Al-Manar TV quoted Assad as saying. The Syrian leader added: "All our agreements with Russia will be implemented and parts of them have already been implemented."

Baird called the reports regrettable, if true, while German Foreign Minister Guido Westerwelle characterized the development as unappreciated.

The U.S. and Russia were to meet this week in Geneva to hash out a plan to get both sides together for peace talks, but the Syrian National Coalition, a major opposition group, suggested that for now there's no place for talks.

THE CANADIAN PRESS

Arms race

The shipment of the missiles, if confirmed, comes just days after the EU lifted an arms embargo on Syria, paving the way for countries to send weapons to rebels fighting to topple Assad's regime.

- The concern with the influx of weapons isn't just about them making it into the wrong hands, but also the start of a arms race between opposition groups and the Assad government and the spillover of the conflict into the rest of the Middle East.

Biological information

Supreme Court won't hear woman's appeal to ID sperm donor

The Supreme Court of Canada will not hear an appeal from a woman who wanted to know the identity of her sperm-donor father.

Olivia Pratten sought to take her case to the high court after the British Columbia Court of Appeal threw out an earlier decision that sided with her.

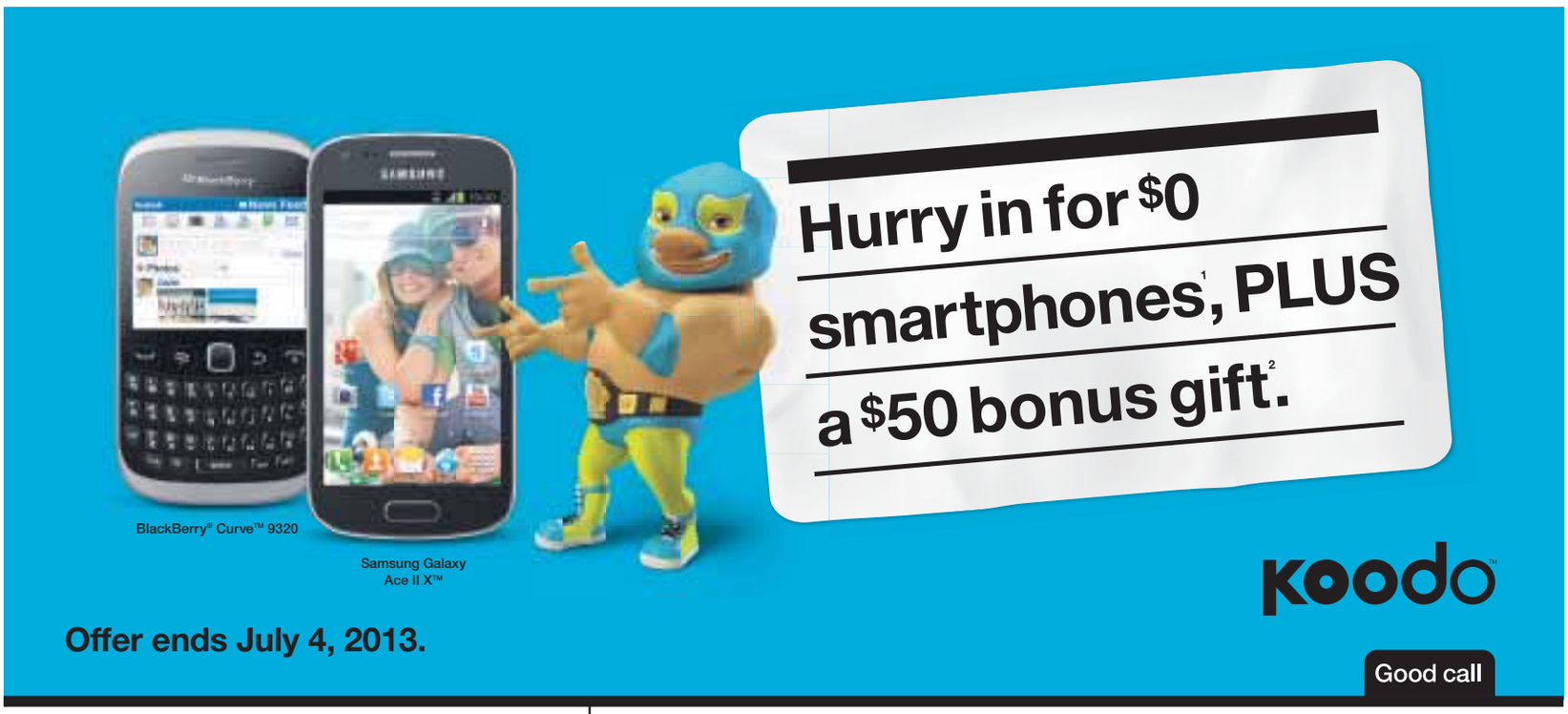
She argued that offspring like herself should have access to information about their biological past, as is the case with people who are adopted.

The appeal court said she has no constitutional right to information about her biological father.

The court said providing such information would amount to state intrusion into the lives of many people.

As usual in such decisions, the Supreme Court gave no reasons for refusing to hear the appeal.

THE CANADIAN PRESS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Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
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Oshawa Centre
Pen Centre
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Scarborough Town Centre
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Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

They run this town, for better or worse

With Toronto Mayor Rob Ford making headlines across the globe, we take a look at some of the scandals (or lack thereof) facing mayors in Metro cities across Canada. See how your city compares.

METRO CANADA

Edmonton

After serving nearly three terms, Mayor Stephen Mandel has remained relatively squeaky clean in terms of scandalous behaviour. He has, however, received criticism as the primary driver behind the new downtown Edmonton arena deal, a $600-million, primarily publicly funded deal that critics argue benefits a billionaire owner.

Winnipeg

Mayor Sam Katz came under fire earlier this year after a local businessman sued him for conflict of interest when he hosted a city staff Christmas party at his restaurant. Last week, he came under fire for spitting out his gum onto a lawn.

Toronto

The latest in a string of Mayor Rob Ford scandals started with the Toronto Star and Gawker reporting that there is a video appearing to show Mayor Rob Ford smoking crack and muttering "I'm f---ing right-wing;" calling Justin Trudeau a "fag;" and calling the high school football players he coached "just f---ing minorities."

Halifax

Unlike his predecessor, the current mayor of Halifax is so far scandal-free. The only whiff of controversy came just after Mike Savage was sworn in, when he revealed he used his campaign funds to pay himself a $10,000 monthly stipend for the three months after he quit his regular marketing job to run for office. It didn't contravene any campaign financing laws.

Vancouver

In the fall of 2008, then mayoral candidate Gregor Robertson took some heat when it was discovered that he had a $173 unpaid fine for travelling two zones on SkyTrain on a one-zone fare. Robertson had planned to challenge the fine, but ended up paying it ahead of the civic election – which he won handily.

Regina

Regina Mayor Michael Fougere is squeaky clean, having been in office for about seven months.

Saskatoon

When first elected as mayor in 2003, Saskatoon's Don Atchison caused a stir when he insisted that people – from residents to media to office staff — had to dress in semi-formal (as in, a tie) attire to meet with him in his office.

Ottawa

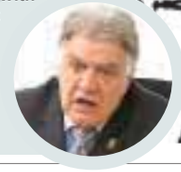
Mayor Jim Watson, a self-described "boring" mayor, has been criticized for engaging in semi-frequent "Twitter fights" with outspoken constituents.

Calgary

In 2011, popular Calgary mayor Naheed Nenshi accepted a flight to Toronto paid for by a private company to speak at a symposium. No conflict of interest was found. This year, many raised eyebrows at a $400-per-ticket, closed-to-public event Nenshi held to launch his upcoming civic campaign.

London

Mayor Joe Fontana was charged in November with fraud under $5,000, breach of trust by a public officer and uttering forged documents after an RCMP investigation. He is accused of using a $1,700 federal government cheque to cover a room deposit for his son's 2005 wedding reception. Fontana denies the allegations, which have not been proven in court.



Montreal

Montreal is currently governed by interim mayor Michael Applebaum, pictured, who took power after Gérald Tremblay resigned in November amid the Quebec corruption inquiry. There was testimony that Tremblay was aware of his party's alleged illegal financing and price-fixing in the construction industry, but did nothing to stop it. Tremblay denies he was aware of wrongdoing.

Save the Children/Sam Tarling

SYRIAN REFUGEE CRISIS

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China. Miracle boy rescued from sewer pipe released to grandparents

The mother of a Chinese baby boy who was rescued from a sewer pipe beneath a restroom shortly after birth is unlikely to face criminal charges because authorities concluded he fell into the toilet accidentally, local officials and media reports said Thursday.

The baby was released from a hospital to his maternal grandparents late Wednesday, while his mother, 22, remains under medical care. The infant was rescued from a pipe underneath a squat toilet in Zhejiang province. THE ASSOCIATED PRESS

An accident, say police

The mother raised the alarm about the baby when he got stuck Saturday in a pipe below a toilet in a restroom. But she had cleared away signs of a birth and did not immediately come forward as the mother.

The baby rescued after being trapped in a sewage pipe. THE ASSOCIATED PRESS

Tunisian Femen activist fined; more charges pending

Protesters at the courthouse in Kairouan, Tunisia. NAWFEL/THE ASSOCIATED PRESS

Amina Sboui. Activist went into hiding due to death threats; now she's accused of writing 'Femen' on a cemetery wall

A court convicted the Tunisian member of the Ukrainian feminist group Femen Tuesday for carrying an "incendiary object" and fined her $182.

She remains in custody pending more serious charges.

Supportive dad

"I am proud of my daughter, who has honoured the rights of women." **Mounir Sboui, Amina's father,** who made the comment in an interview and was in court to support her.

Amina Sboui, who posted topless photos of herself online as part of a women's rights protest, attempted to carry out a new protest on May 19 in the religious centre of Kairouan. She was arrested and charged with carrying a canister of pepper spray.

Prosecutors on Thursday, however, said they are considering bringing more serious charges against her, including desecrating a cemetery and offending public decency, according to defence lawyer Mokhtar Jannene.

Sboui will appear in court again June 5.

Outside the court, about 200 protesters, including many religious conservatives, chanted slogans against Sboui, accusing her of attacking the city and insulting Islam. They also shouted insults at the defence lawyers and accused them of "sullying" the image of the city, a centre for religious pilgrimage. THE ASSOCIATED PRESS

Super Size Me. CEO dines at McDonald's 'every single day'

They might start calling it the McDiet. McDonald Corp.'s CEO Don Thompson revealed at an analyst conference this week that he shed about 20 pounds in the past year by getting his "butt up" and "working out again." But he said he hasn't changed his habit of eating at McDonald's "every, single day."

Thompson, who has been on the job for less than a year, was responding to a question about how the world's biggest hamburger chain is adapting amid growing concerns about obesity.

Thompson said he lost the weight by getting active again. He noted that Europeans walk a lot and it's rare to see Europeans who are "very, very heavy."

McDonald's CEO Don Thompson, shown in 2010, says he's lost 20 pounds in the last year by working out — but he still eats at the Golden Arches daily. THE ASSOCIATED PRESS FILE

"And so I think that balance is really important to people," he said. Thompson did not provide any other details about his weight or diet. A representative for McDonald's did not immediately respond to a request for more details.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.09¢ (+0.49¢)

Natural gas: $4.03 US (-15¢)
Dow Jones: 15,324.53 (+21.73)

TSX 12,746.55 (+13.95)

OIL $93.61 US (+48¢)

GOLD $1,412 US (+$20.20)

Who's in the money? Canada's bank CEOs

Executive pay. A list of the highest-paid bankers on the continent includes heads of 6 Canuck banks

Canadian bankers were among some of the highest-paid banking executives in North America last year, with three in the Top 10, according to a new list compiled by Bloomberg Markets magazine.

In all, six Canadian bank CEOs were in the Top 20, led by the Royal Bank of Canada's Gordon Nixon, who came in at No. 4. Nixon's total pay package was $12.6 million US in 2012 according to the listings, up 25 per cent from the year before, when he was in eighth place.

Bank of Nova Scotia's Richard Waugh was bumped down one spot to seventh place, with $11.1 million US, followed by TD Bank's Ed Clark, who was No. 8 on the list with $10.8 million US.

Clark's pay actually went down by almost five per cent from the year before, when he was at No. 5, as did that of three other Canadian bank CEOs on the list.

Gerald McCaughey, CEO of the Canadian Imperial Bank of Commerce, took home $9.3 million US, nearly eight per cent less than the year before. That was still good for 11th place, but down from ninth in 2011.

The Bank of Montreal's William Downe — No. 12 — took in $9.2 million US, seven per cent less than in 2011, when he ranked No. 10 on the list.

National Bank of Canada chief Louis Vachon rounded up the Canadian bankers on the list at No. 17 with $7.2 million US. That was 1.4 per cent less than he made in 2011, when he held the 14th spot.

The rankings are being published in the magazine's July 2013 issue.

THE CANADIAN PRESS

Most overpaid

- The Bloomberg Markets magazine rankings also put RBC's Gordon Nixon, Bank of Nova Scotia's Richard Waugh and TD Bank's Ed Clark among some of the most overpaid CEOs when comparing compensation to a bank's average assets, stock performance and return on equity.

This man has 12.6 million reasons a year to smile: Gordon Nixon, CEO of the Royal Bank of Canada, came in at No. 4 on Bloomberg Markets magazine's list of the highest-paid bankers in North America. THE CANADIAN PRESS FILE

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IS FORD BUILT TO LAST MUCH LONGER?

THE METRO LIST
Paul Sullivan
metronews.ca

It's that time again, when we arm you with the week's top stories and send you out, bristling with informed confidence, to the water cooler.

1 **Rob Ford? Wasn't he the mayor of Toronto?** He still is, maggot. But for how long? The rats are fleeing for the emergency exits — five personal staffers have bailed and the week's not over. Who's next? His barber? Meanwhile, the mayor keeps doing his bizarre tribute to the Black Knight from Monty Python and the Holy Grail, denying there's a video out there featuring him getting Ford-faced on crack. It's just a flesh wound!

2 **Moses' got nothing on this kid:** Alone and afraid, a woman in China gave birth to a baby boy on the toilet. Apparently, baby slipped down the drain and the new mom called the Chinese equivalent of 911. Miraculously the infant was rescued from the sewer pipe. From where he's starting, everything going forward is good news.

3 **We're number three!** The OECD (don't bother looking it up) has determined that Canada is the third happiest nation on earth. Number two is Sweden, which is always in our face, and number one is Australia. Throw another shrimp on the barbie! Criteria include work-life balance, income, housing, and something called the Mick Jagger Factor, or "satisfaction" for short. Canada gets the happiness bronze medal instead of the gold; after all, Rob Ford is still the mayor of Toronto. Just wait until next year, maggot.

4 **The rich get richer:0** Sure it's a cliché, but boy it's true. According to the World Bank, the world's richest eight per cent snag 50 per cent of the world's income. Here's one reason the Democratic Republic of the Congo did not place in the top 15 of the world's happiest nations: its annual income is $231. Compare that to Monaco, where it's $171,465. If I were trying to make ends meet in the Congo, this news would not make me happy.

5 **Attack of the Killer Beaver:** Here in the world's third happiest country, the beaver is a symbol of cheerful industry and diligence, not to mention the nation's founding fur. In Belarus, the beaver is just another nasty rodent. Some guy tried to have his picture taken with one, which bit him, severing an artery in his leg. The poor guy bled out. Now Belarus is trying to figure out what to do about an increasing population of increasingly aggressive beavers. There are 80,000 beavers in Belarus. Who knew?

6 **Speaking of Biebers:** Another iconic Canadian rodent was in the news this week, this time for racing around the 'hood in his hot car, scaring the neighbours and fuelling the paparazzi. Call in the Bieber control officers. This kid is out of control.

ZOOM

Monk's best friend

PAUL BROWN/REX FEATURES

The Tiger Temple: Where monastery meets sanctuary

Under the cool shade of a tree, a Buddhist monk affectionately embraces a tiger. Elsewhere at the Tiger Temple in Kanchanaburi, Thailand, a young tiger was spotted happily playing around in a pool of water with a fascinating new toy. There are some 100 tigers at the temple which live alongside monks. Founded in 1994, the animal reserve is based at a Buddhist temple. The first cub arrived in 1999 after her mother was killed by poachers nearby. **METRO**

Critics: An illegal breeding facility

The attraction is a controversial one, as animal rights groups claim it is an illegal breeding facility and that the tigers are not cared for properly. However, a three-day investigation by ABC News did not find any evidence of poor conditions. **METRO**

Quoted

"If you think they rescue abused tigers, or that the tigers will be released into the wild, they won't be."

Philip Mansbridge, CEO of animal welfare charity Care for the Wild

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Are you fed up with how useful and informative your Twitter feed is? You can easily take a few steps toward correcting that by following these accounts for a rich vein of occasionally bizarre, but always witty, wordplay.

@dogsdoingthings: I'm tempted to say the name says it all, but it barely scratches the surface of this account's vision of dogs engaged in impossibly high-concept activities, usually with a disdainful eye cast upon their alleged best friend (that would be us.)

@twortmanteaus: A portmanteau is the sometimes awkward collision of two words to make a new one. Think "brunch." For other examples, follow this character who spends the day RTing miscellaneous musings from tweeters, creating new words from their tossed off thoughts.

@dataisplural: Puns tend to be a love or hate thing. If you hate them, you're wrong. If you love them, congratulations on your excellent taste and don't waste another second before following this champion of groan-inducement.

Comments

RE: More Staff Leave Mayor Rob Ford's office, published May 30

Re staff leaving...this doesn't make sense; when considering that fish rot from the head. So doesn't the solution goes without saying? **Lloyd A, posted to metronews.ca**

The only one that should be thrown out of city hall is Rob Ford!!! ASAP!!! The man is a disgrace to the city of Toronto. **punxie89, posted to metronews.ca**

Wait, so he actually admitted to there being a video, and even knowing where it was? If that's true, it's no wonder his staff members are fleeing. **Alison, posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Synopsis

In Will Smith's new sci-fi movie After Earth he stars as Cypher Raige, a general in the intergalactic peacekeeping organization Ranger Corps. After he is injured in a crash landing on Earth, a planet uninhabited for 1,000 years, his son (Jaden Smith) must navigate the unfamiliar landscape and battle new life forms to signal for help. This week the Reel Guys have a look at the highlights of Will Smith's career and how he left his throne as the prince of Bel-Air to become one of the world's biggest movie stars.

Will Jaden Smith follow in his famous father's footsteps? HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Why we love Will

After Earth. As Smith and son's new film opens this weekend, the Reel Guys reflect on the actor's journey from Fresh Prince to king of Hollywood

Richard: Mark, The Fresh Prince Of Bel Air proved that Will Smith has a flair for broad comedy, so it's surprising that over the years he's played so few funny roles. He's always charming and his films usually have the odd laugh, but rarely has he played it strictly for laughs. In 1993 the safe move for Smith would have been to make a comedy, instead he chose to play a con-man in the serious, talky Six Degrees of Separation. It's a heavyweight role, and he's really good in it. What's your favourite Will Smith role?

Mark: Will Smith must be the most likeable Hollywood star this side of Tom Hanks. I wish I could say I like all his movies, but I can't. I really like his more serious roles. My favourite? The Pursuit of Happyness. His character, based on a true story, is a man caught in desperate financial circumstances, who raises a young boy while homeless. The movie is ultimately uplifting as he becomes a successful stockbroker, but it's a harrowing journey, and Smith plays it to perfection.

RC: In 2008 he played two creatures that don't exist in real life, an alien with an anger management problem and an IRS tax collector with a conscience. Hancock has a dash of Men in Black's wonky humour, a glimpse of his action hero of Independence Day, and a taste of Enemy of the State's troubled paranoiac. Best of all there is absolutely nothing in there that echoes Wild Wild West. In Seven Pounds he's a taxman crushed by the weight of his emotions, a walking zombie who has given up on life. And he's terrific in both movies.

MB: Hancock didn't quite work for me, but Enemy of the State sure did. But I'm such a troubled paranoiac myself I might have liked anybody in the role. Smith is great in Seven Pounds, a weird picture by any standards. But if it's Will Smith as hero you're looking for, he's commanding in all 157 minutes of Ali. And he's suave and debonair in Hitch.

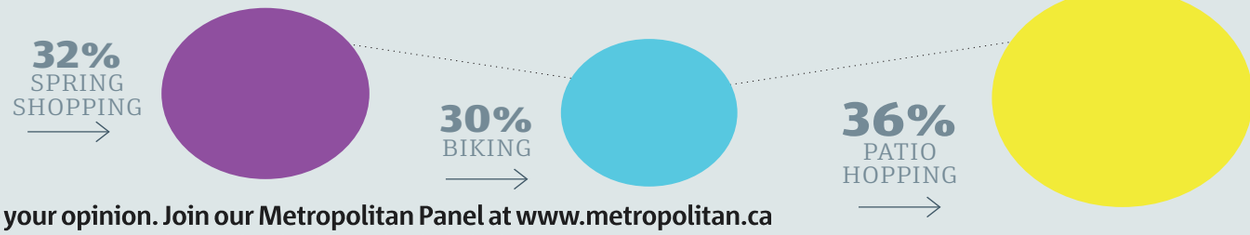
RC: We can't forget Men in Black. The sequels have been (profitable) disappointments, but Smith's Agent J is always fun.

MB: Now that I think of it, if Will Smith is in a movie I don't like, it's the movie I don't like, not Smith. And that includes — shudder — The Legend of Bagger Vance.

Metropolitan Panel

Lunch meeting...on the patio!

We asked our Metropolitan Panel what spring activity they most looked forward to.*



Share your opinion. Join our Metropolitan Panel at www.metropolitan.ca

*Selections were not exclusive of each other and included other activities.

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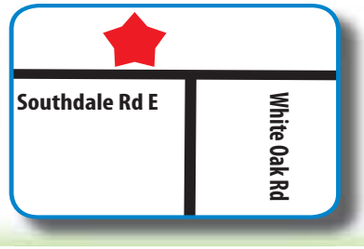

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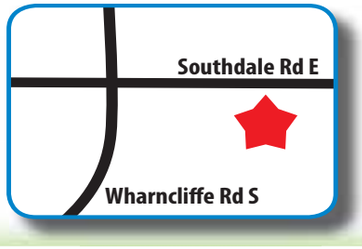

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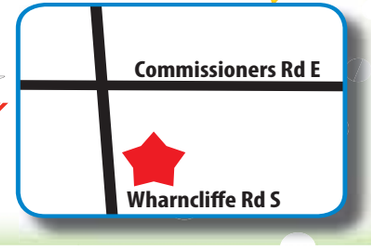

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Have no ear — the foley artist is here!

Subtleties of sound. Tchae Measroch makes a living making noise — he creates the sounds that pepper popular video games

Foley artist Tchae Measroch's studio is packed with a bizarre collection of items he uses to create sounds ranging from a zombie peeling its face off to a musket gun cocking. THE CANADIAN PRESS

On any given day Tchae Measroch could find himself crawling around on all fours, splashing about in a bathtub or tapping on a bear skull, all in the name of his art.

Such is the life of a foley artist — someone who reproduces everyday sounds for film, video games and TV, with the profession named after Jack Donovan Foley, who pioneered the craft in late 1920s Hollywood.

The 37-year-old Montrealer toils in a small, dimly lit studio that looks more like a disorganized storage space containing many props, some of which closely resemble curbside junk.

This is where he cranks out sound effects for video games.

There aren't many people like him. While Canada closes in on the status of being the world's second-biggest video-game producer, with more than 16,000 employees, there are only a handful of full-time foley artists.

Relying on his imagination, the Ubisoft employee improvises sounds based on what he sees on-screen while working on games like Assassin's Creed 4. He might remove the skin from a banana to mimic a zombie peeling the skin off its face. He's used an old door knob and latch in order to replicate the sound of a centuries-old musket gun cocking.

In this line of work, as it turns out, there might be unusual uses for a medical tool whose regular intended purpose is probing body cavities.

"It happened once that I couldn't find a pair of police handcuffs in my stuff," he recalls. "So, from my 'Hospital Items Box' I grabbed a speculum to sound the cuffs."

Sound effects are almost always last in the creative process.

That gives Measroch and others like him precious little time to probe their imagination and grab the closest available object to produce the appropriate sound.

Axes, bottles, boots, chains, old tires, swords — they're never far from reach.

His tool kit involves anything he can use to replicate a sound. He might find such objects at home or in the most unlikely of places, such as garbage cans.

And there's plenty of trial and error.

While trying to simulate the sound of someone being clubbed over the head, for instance, Measroch quickly realized his bear skull wouldn't produce the desired effect.

In the end, a coconut did the trick.

Another time he discovered that his water-filled tub could provide the ambient sound for a character drowning or falling overboard.

Life as a foley artist has had its challenges.

"It's like being the stuntman of sound," he says.

Measroch recalls injuring himself while working on a movie. He'd put his hands through glass while trying to emulate the sound of a woman, held captive in a cabin, banging on the window. "Sometimes it's a tough job," he says, "and you've got to be ready to get your hands dirty."

THE CANADIAN PRESS

Star Trek. George Takei talks passing the Hikaru Sulu torch off to John Cho

Portraying USS Enterprise helmsman Hikaru Sulu in the latest Star Trek movie comes with big shoes to fill, but the man who played the part in the TV series and six films has given his blessing to the actor currently playing the role.

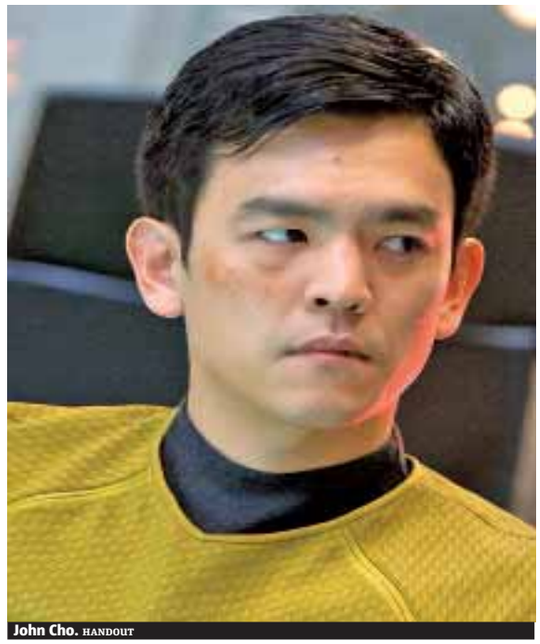
Even though George Takei — whose portrayal of Sulu made him a science fiction legend — said he had not yet had time to catch recently released Star Trek Into Darkness due to his busy schedule, he feels John Cho is the "ideal choice" to carry on Sulu's legacy due to the actor's "charm, intelligence, dash and sharpness."

"When (director) J.J. Abrams first announced he had cast Hikaru Sulu, I got a call from John (Cho) asking to have lunch with me," Takei said Friday in Singapore, where he attended the inaugural Social Star Awards.

"He was very curious about the intensity of Star Trek fans and doing comic conventions, but he was more concerned about how the fans would accept him because they have identified the character of Sulu with me for so long and he was worried about how he would be received. So I told him that it wouldn't be too long before I'll be known as the guy who played John Cho's part, and he was comforted by that," Takei said with a laugh.

Takei, who's 76 and lives in Los Angeles, has had a tremendous following in recent times, with more than 4 million fans on his Facebook page sharing Star Trek trivia and news about his current projects. "People used to think of him as that guy from Star Trek, but now they recognize him as George Takei," said his manager and partner, Brad Takei.

THE ASSOCIATED PRESS



John Cho. HANDOUT

Sci-fi/Action

After Earth

Directors. M. Night Shyamalan

Stars. Jaden Smith, Will Smith

After his last few attempts (including 2010's The Last Airbender), expectations for M. Night Shyamalan's films couldn't be lower and After Earth likely won't help matters. A vehicle to re-team Will Smith and his son Jaden, this futuristic thriller crashes the pair on a deserted Earth where they must survive ferociously evolved creatures and seek rescue. While Shyamalan fills the film with plenty of eye-catching effects, wooden dialogue and a shortage on soul keeps its audience at arm's length. STEVE GOW

Drama

Now You See Me

Director. Louis Leterrier

Stars. Jesse Eisenberg, Mark Ruffalo, Woody Harrelson

There's nothing quite like a good heist movie, and if you can throw in a bit of sleight-of-hand, all the better. As a film, Now You See Me seems to know it's not supposed to be much more than a good time, and there's nothing wrong with that. Whoever pulled this ensemble together is the real star here. The Four Horsemen (Jesse Eisenberg, Woody Harrelson, Isla Fisher and Dave Franco) take what could've been bad CW drama-level characters and make them imminently watchable.

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They're one very funny duo

Perfect package.
Megan Mullally and Nick Offerman love working together — it means less time apart

MATTHEW PRIGGE
Metro World News in New York

The dominant power couple in the world shifts at the whim of a fickle populace. Right now, for some, the greatest — or just most wonderful — duo is Nick Offerman and Megan Mullally. Married since 2003, the two have seen a shift in their careers: Once Mullally was the one with the hit show (Will and Grace). Now it's him, as burly libertarian carnivore Ron Swanson on Parks and Recreation — although Mullally has guest appearances as his ex-wife, Tammy. In fact, they tend to work together on the same projects; that way, they don't have to spend any time apart. In The Kings of Summer, Offerman plays the widowed father of a teenager who runs away from home to live in the woods with his bros. Mullally plays the mother of one of his friends, which affords them only a few scenes together.

You've both been doing a lot of smaller films, often together. What's the appeal of these projects?

Mullally: I think we both love doing indie movies. It's kind of the equivalent of the 99-seat play. You have the feeling that you have more creative leeway and you can make it be the way you want it to be. When everyone is on a level playing field and nobody is getting paid, I think everyone pitches in equally and has the same kind of desire to create something good.

Offerman: We choose material, first and foremost, based on scripts that we think are very good. Scripts that don't go through the corporate regime are going to end up better because they'll retain somebody with a beautiful artistic vision and/or a great sense of humour. That will come through in an independent script much more so than a studio project. Those can't help but be homogenized by the standards and practices, the Coca-Cola people.

How did you get involved in Kings of Summer?

Offerman: They were looking for sort of a gruff guy who could also tell a joke and Russell Crowe wasn't available. Chris Colletta's script was poignant, beautiful and heartfelt, but also had a terrific sense of humour. It often happens with Megan and I: One of us gets a job on something and the producers will say, "Can we get your spouse interested in this?"

Offerman on Kings

The going technique is to go with a really great script and get a really great cast. You have to shoot your scenes as written because you need all the story points. Chris Colletta's script was wonderful and there was no need to embellish it. You happen to have some of the greatest improvisers in the nation of America. You take the script and shoot the scenes and then you say "Let's f— around," and you end up with a handful of gold nuggets that you'd be crazy not to use.

Quality over quantity

"We choose material, first and foremost, based on scripts that we think are very good."
Nick Offerman

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Megan Mullally and Nick Offerman. GETTY IMAGES

To prep for The East, Ellen Page moved west

Eco-activism.
Actress spent time on a settlement that practised 'freeganism' to learn more about her eco footprint

RICHARD CROUSE
scene@metronews.ca

At age 20 Ellen Page became a star playing Juno in the film of the same name. She was nominated for an Academy Award and would go on to make movies like Whip It and Inception, but first she took some time off.

"I studied permaculture, design and eco village development at a place called Lost Valley in Oregon with a lot of people who had the same philosophy — strictly freegan," she says.

Freeganism, or the practice of salvaging discarded food, was just one of the things that fascinated Page during her month-long stay at the settlement. The experience taught her to live more simply and to really think about her relationship with the planet. Her time there also prepared her for The East, a new eco-thriller co-starring Alexander Skarsgård and Britt Marling.

"On top of it being an incredibly beautifully written piece of work, there were so many ideas that I was very excited about and thinking about," she says.

In the film she plays Izzy, a member of a shadowy group of eco-activists called The East — think a more hands-on version of real-life group Anonymous — who live by an anarchist eco code.

"We were able to talk about the experience I had and relate what that does to you as a person when you've been raised with this narrative given to us by the system that exists.

"Then you go experience something that completely flips everything on its head," she says.

"That is a wild ride to go on. Then to walk back out into the world and society, you see things differently."

Ellen Page stars opposite Alexander Skarsgård in The East. HANDOUT

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAY 31 TO THURS., JUNE 6 TIMES ARE SUBJECT TO CHANGE.

London

Mustang Drive-In -London 2551 Wilton Grove Rd.

Epic (PG) Fri-Sat 9:25 Sun-Thu 11
Fast & Furious 6 (PG) Fri-Thu 9:35
The Hangover Part III (14A) Fri-Sat 10:55 Sun-Thu 9:25
Iron Man 3 (PG) Fri-Thu 11:35

Hyland Cinema 240 Wharncliffe Road South

The Company You Keep (14A) Fri 2:55 Sat 4:50 Sun 6:45 Mon 2:55 Tue 1 Wed 6:45 Thu 4:50
Kon-Tiki (PG) Fri 5:10-9 Sat 1-7:10 Sun 1-4:50 Mon 1-5:10 Tue 3:15-7:05 Wed 4:50-9 Thu 2:55
Still Mine (PG) Fri 1 Sat-Sun 2:55 Mon 7:05 Tue 5:10 Wed 2:55 Thu 1-7:05
They Live (STC) Fri 11
Trance (18A) Fri 7:05 Sat-Tue 9 Wed 1 Thu 9

Rainbow Cinemas London 355 Wellington St.

After Earth (PG) No Passes Fri-Thu 1:20-3:45-7:25-9:40
Epic (PG) No Passes Fri-Thu 12:55-3:20-7:10-9:35
Fast & Furious 6 (PG) No Passes Fri-Thu 1:10-3:50-7:15-9:55
The Hangover Part III (14A) No Passes Fri-Thu 1:05-3:30-7:05-9:30
The Internship (PG) Thu 10
Iron Man 3 (PG) Fri-Wed 12:50-3:40-6:55-9:40 Thu 12:50-3:40-6:55
Now You See Me (PG) Fri-Thu 1:15-4-7:20-9:50
Star Trek Into Darkness (PG) Fri-Thu 1-3:55-7-9:45

Western Film Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

Oblivion (PG) Fri-Thu 7

Wellington 8 Cinemas 983 Wellington Rd. S,

After Earth (PG) Fri 7:10-9:55 Sat-Sun 1:10-4:15-7:10-9:55 Mon-Thu 5:40-8:15
Epic (PG) Fri 6:45 Sat-Sun 12:30-6:45 Mon-Thu 5:15
Epic 3D (PG) Fri 9:25 Sat-Sun 3:45-9:25 Mon-Thu 7:50
Fast & Furious 6 (PG) Fri 7-10 Sat-Sun 12:40-3:40-7-10 Mon-Thu 5:30-8:30
The Great Gatsby (PG) Fri 7:20 Sat-Sun 12:45-4-7:20 Mon-Thu 7:40
The Hangover Part III (14A) Fri 7:15-9:50 Sat-Sun 1-4:10-7:15-9:50 Mon-Thu 5:45-8:20
Iron Man 3 (PG) Fri 6:30 Sat-Sun 12:20-6:30 Mon-Thu 5
Iron Man 3 3D (PG) Fri 9:30 Sat-Sun 3:30-9:30 Mon-Thu 8
Now You See Me (PG) Fri 6:50-9:40 Sat-Sun 12:50-3:50-6:50-9:40 Mon-Thu 5:20-8:10
Star Trek Into Darkness (PG) Fri 6:40 Sat-Sun 3:20-6:40 Mon-Thu 5:10
Star Trek Into Darkness 3D (PG) Fri 9:45 Sat-Sun 12:15-9:45 Mon-Thu 8:25

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South

After Earth (PG) Fri 5:15-7:50-10:25 Sat-Sun 12:15-2:45-5:15-7:50-10:25 Mon 7:30-10:20 Tue 5:15-7:50-10:25 Wed 1:25-7:40-10:25 Thu 7:40-10:25
Epic (PG) Sat-Sun 12 Wed 1:35
Epic 3D (PG) Fri 5-7:40-10:30 Sat-Sun 2:30-5:05-7:40-10:30 Mon 7-9:40 Tue 5-7:40-10:30 Wed-Thu 7-9:30
Fast & Furious 6 (PG) No Passes Fri 4:10-7:10-9:40 No Passes Sat-Sun 1:10-4:10-7:10-9:40 No Passes Mon 6:40-9:35 No Passes Tue 4:10-7:10-9:40 No Passes Wed-Thu 6:40-9:35 No Passes Fri 4:25-7:30-10:35 No Passes Sat-Sun 1:20-4:25-7:30-10:35 No Passes Mon 7:10-10:10 No Passes Tue 4:25-7:30-10:35 No Passes Wed-Thu 7:10-10:10
The Great Gatsby (PG) Fri 6:40 Sat-Sun 12:05-6:40 Tue 6:40 Wed 1:15-6:30 Thu 6:30
The Great Gatsby 3D (PG) Fri 3:25-10:05 Sat-Sun 3:20-10:05 Mon 9:50 Tue 3:25-10:05 Wed-Thu 9:40
The Hangover Part III (14A) Fri 5:25-8-10:45 Sat-Sun 12:25-3-5:30-8:05-10:45 Mon 7:20-10 Tue 5:25-8-10:45 Wed-Thu 7:20-9:55 Fri 4:40-7:40-10:35 Sat-Sun 1:40-4:40-7:40-10:35 Mon 7:40-10:25 Tue 4:40-7:40-10:35 Wed-Thu 7:40-10:25 Star & Strollers Screening Wed 1
Iron Man 3 (PG) Fri 3:40-6:50-10 Sat-Sun 12:35-3:40-6:50-10 Mon 6:40 Tue 3:40-6:50-10 Wed-Thu 6:50-9:50
The Metropolitan Opera: Giulio Cesare Encore (STC) Mon 6
Now You See Me (PG) Fri 4:10-7-9:50 Sat-Sun 1:10-4:10-7-9:50 Mon 6:50-9:45 Tue 4:10-7-9:50 Wed 1:30-7:30-10:20 Thu 7:30-10:20 Star & Strollers Screening Wed 1
Star Trek Into Darkness 3D (PG) Fri 4-7:10-10:20 Sat-Sun 12:55-4-7:10-10:20 Mon 6:30-9:40 Tue 4-7:10-10:20 Wed 1:20-6:40-10 Thu 6:40-10 Fri 3:40-6:40-10:10 Sat-Sun 12:40-3:40-6:40-10:10 Mon 7:10-10:05 Tue 3:40-6:40-10:10 Wed-Thu 7:10-10:05

Fast & Furious 6 HANDOUT

SilverCity London 1680 Richmond St

After Earth (PG) Fri-Sat 12:45-3:15-5:45-8:15-10:45 Sun 12:30-3-5:30-8-10:30 Mon-Tue 12:55-3:55-7-10:05 Wed 3:55-7-10:05 Thu 12:55-3:55-7-10:05 Star & Strollers Screening Wed 1
Chimpanzee (G) Sun 12:45
Epic (PG) Fri 1:35-4:10 Sat 11:10-1:35-4:10 Sun 1:35-2:35-4:10 Mon-Tue 1:35-4:25 Wed 4:25 Thu 1:35-4:25 Star & Strollers Screening Wed 1
Epic 3D (PG) Fri 2:05-4:45-7:20-9:55 Sat 11:40-2:05-4:45-7:20-9:55 Sun 2:05-4:45-7:20-9:55 Mon-Tue 1-3:50-6:40-9:30 Wed 1:30-3:50-6:40-9:30 Thu 1-3:50-6:40-9:30
Fast & Furious 6 (PG) No Passes Fri-Sat 12:40-1:20-3:40-4:20-6:45-7:25-9:50-10:30 No Passes Sun-Mon 12:40-1:20-3:40-4:20-6:45-7:25-9:50-10:20 No Passes Tue 12:40-1:20-3:40-4:20-6:45-7:25-9:50-10:40 No Passes Wed-Thu 12:40-1:20-3:40-4:20-6:45-7:25-9:50-10:20
The Great Gatsby (PG) Fri 12:45-7:10 Sat 7:20 Sun 12:45-7:10 Mon-Thu 12:50-7:15
The Great Gatsby 3D (PG) Fri 4-10:25 Sat 10:25 Sun 4-10:25 Mon-Wed 3:55-10:25 Thu 3:55
The Hangover Part III (14A) Fri 12:50-2:30-3:20-5:05-5:40-7:30-8:05-10:05-10:40 Sat 12-12:50-2:30-3:20-5:05-5:40-7:30-8:05-10:05-10:40 Sun 12:35-2:30-3:05-5:05-5:35-7:30-8:10-10:05-10:40 Mon-Thu 12:45-1:25-3:05-3:45-5:25-7:10-7:45-9:45-10:15
The Internship (PG) No Passes Thu 10
Iron Man 3 (PG) Fri-Sun 6:55-10 Mon-Wed 6:55-9:55 Thu 6:55
Iron Man 3 3D (PG) Fri-Sat 1:05-4:15-7:35-10:35 Sun 4:15-7:35-10:35 Mon 1:05-4:15-7:35-10:30 Tue 1:05-4:15-7:35-10:35 Wed-Thu 1:05-4:15-7:35-10:30
The Metropolitan Opera: Giulio Cesare Encore (STC) Sat 12
Now You See Me (PG) Fri 1:45-4:35-7:15-10:20 Sat 11:05-1:45-4:35-7:15-10:20 Sun 1:05-4:55-7:45-10:25 Mon-Thu 1:15-4:10-7:05-10:10
The Purge (14A) No Passes Thu 10:15
Shark Tale (G) Sat 11
Star Trek Into Darkness (PG) Fri-Sun 12:55-3:55-7-10:15 Mon-Thu 12:40-3:40-6:50-10
Star Trek Into Darkness: An IMAX 3D Experience (PG) Fri 1:20-4:30-7:40-10:50 Sat 11-1:45-4:50-7:55-10:50 Sun 1:20-4:30-7:40-10:40 Mon-Thu 1:10-4:10-7:20-10:30

Montreal's DJ Champion returns to music after recovering from cancer

A Champion. Maxime Morin releases 1, a journey through the recent years of his life

When Montreal's DJ Champion was diagnosed with cancer three years ago, he felt strangely confident he could fight it. The outlook for his career, however, appeared terminal.

"I gave up on music," said the 43-year-old musician, born Maxime Morin, from his home recently.

"It was very important for me at that time to get better, to just say: 'OK, I'm done with music. As of now, I do not consider myself a musician anymore. I do not consider myself anything. Just a human being trying to stay alive.'

"We're talking about life — my own life," he added. "Don't (mess) with it. So stop pretending to be someone, and just be alive."

He succeeded there, and as the threat of cancer dissipated, Morin re-engaged with music — resulting in last Tuesday's release of the expressive, elegant 1.

But it's easy to understand why this orchestral feat once seemed an impossible dream.

When Morin was diagnosed with Stage 3 lymphoma in spring 2010, his doctor believed he had only about two or three months to live.

But she didn't share that dire prognostication with the Quebec turntable maestro.

"They don't tell you that when you're about to die," he said with a hearty laugh, showcasing the gallows humour that appears to have become second nature.

"If you have a good doctor, they won't tell you. My doctor didn't tell me that. Because the first time I saw her, she was very subtle, very calm."

DJ Champion was diagnosed with cancer but he was convinced it wasn't his time to die — yet. PAUL CHIASSON/THE ASSOCIATED PRESS

Morin was to have eight treatments and begin medication. And he was going to survive.

"She told me with her conviction ... she was going to heal me, and save me," he recalled. "That's it, that's all. No questions asked.

"I was convinced that it wasn't my time," he added. "Yes, I was going to die, but not that day, not that year, not right now. I was convinced of that."

He was right, which he'd find out about six months later. Morin was given a clean bill of health.

Asked how he feels now, he responds with characteristic wit.

"I'm a used car," he says. "But I'm OK." THE CANADIAN PRESS

The album

- 1 certainly is new, a marked departure from DJ Champion's previous work — which was often characterized by the inspired alchemy of such seemingly disparate genres as grunge, electronic, soul and dance.
- On his latest work, Champion is uncommonly focused, creating an ornately orchestrated journey through the harrowing but ultimately triumphant recent years of his life. He's still incorporating giddy bits from every corner of his record collection — with guitars and electro baubles gleaming above the surface — but the album's ever-present strings bind the mix to a symphonic sonic framework.
- Champion said the album is meant to represent him, warts and all. "I wanted to be transparent," he said. "This is who I am. This is what I am. That's why no blues songs or blues-grunge songs are there. I wanted to show I can't sing. I'm a bad singer. That's who I am."

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3 songs for the weekend

Sure, I could offer up some normal music, but why?

SOUND CHECK
Alan Cross
scene@metronews.ca

Get Clucky/A bunch of chickens

Someone so loved Daft Punk's Random Access Memories that they've covered the entire record using chickens. Wait until you get to the chorus.

Let's Learn/ The Moranbong Band

Not to be outdone by the K-Pop coming from their capitalist southern cousins, North Korea offers this state-sanctioned girl group to the proletariat. Must be seen to be believed.

Reach for the Dead (Reversed) /Boards of Canada

What does it say about this Scottish band's upcoming album Tomorrow's Harvest that fans will listen to it forwards and backwards? And that it sounds good in both directions?

It's Romeo and Juliet — the record label edition

When Elvis Costello and The Roots teamed up for a new album, they knew their pairing was unlikely and unconventional, so they secretly recorded music without the approval of their record labels.

"Sometimes if you ... get the record company involved, then people have ambition rather than starting to play, so we started to play," Costello said in a recent interview.

"We did it without a label or deadline pressure," said Ahmir "Questlove" Thompson as he sat next to Costello. "This absolutely was a passion project."

They began recording Wise Up Ghost, which will be released Sept. 17, two years ago. It's a moody, 12-track album that features both new songs and others borrowed from Costello's catalogue, including the drum-filled Sugar Won't Work, which samples from You Left Me in the Dark, and the soft and simple Tripwire, which takes from Satellite.

Elvis Costello poses for a portrait with drummer Ahmir 'Questlove' Thompson of The Roots. DAN HALLMAN/INVISION/THE ASSOCIATED PRESS

The Roots first collaborated with Costello on NBC's Late Night With Jimmy Fallon, where the hip-hop group is the house band. They also worked with the 58-year-old British rocker at a Prince tribute concert in March.

"This is like our dream — that's all I can say," a smiling Questlove said. "This is the first project at Fallon where I'm making my musical dreams come true."

Longtime Roots collaborator Steven Mandel co-produced Wise Up Ghost with Questlove and Costello.

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Liam Hemsworth. ALL PHOTOS GETTY IMAGES

Hemsworth's bros pushed for breakup

After weeks of breakup rumours, Miley Cyrus and fiancé Liam Hemsworth have reportedly called it quits, according to Us Weekly.

"They are definitely over," a source says.

The split was apparently precipitated by Hemsworth's older brothers, Chris and Luke, staging an intervention about his love life in April.

Cyrus and Hemsworth have been engaged since July.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Settle down Twihards — Rob and Katy just friends

Robert Pattinson has been leaning a lot on pal Katy Perry in the wake of his split from Kristen Stewart — so much so that it's beginning to turn heads.

But sources insist to E! News that their pairing is strictly platonic.

"Nothing is going on between Rob and Katy. They are just super-good friends. There is nothing romantic about it," a source says.

"Rob and Katy are just very similar people and she adores him, as a friend, and she just wants to be there for him as a mate."

As for Pattinson's relationship coming to an end, the Twilight star is reportedly taking it in stride.

"Rob is doing fine since the breakup," the source adds.

"He is not particularly cut up about it or anything. He is doing just fine."

David Beckham

Grill it like Beckham

With his days playing soccer behind him, David Beckham is clearly on the lookout for new ways to spend his time.

One way, as it turns out, is teaming with pal Gordon Ramsay to open a sports bar and grill in the Wynn Hotel in Las Vegas, according to the Sun.

"The Strip has never seen such fierce competition for food, but Gordon's places are full seven nights a week," a source tells the newspaper.

"When you add David Beckham's global status into the mix it has the potential to be the most talked about restaurant in Vegas."

But not so fast, everybody. Beckham's rep insists that the rumours of the Vegas joint venture are completely unfounded, though they are opening a London restaurant, Union Street Cafe, in September.

President John White and Bob Gauthier accepting the award.

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Liven up your s'mores

This campfire classic can be easily jazzed up. All you need is a few extra ingredients and creativity.

Toasted Mocha

- 1 marshmallow
- 1-oz piece dark chocolate with espresso
- 2 snickerdoodle cookies

Toast marshmallow on skewer. Place it and chocolate between snickerdoodles, using top cookie to clamp marshmallow in place and help remove it from skewer. Squish the cookies together.

Sesame Carmel

- 1 marshmallow
- 1-oz piece caramel-filled chocolate
- 2 pieces sesame crisp bread

Toast marshmallow on skewer. Carefully put it and caramel-filled chocolate between crisp bread, using top piece to clamp the marshmallow in place and help remove it from skewer. Squish crisps together.

Salted Oatmeal

- 1 marshmallow
- 1-oz piece sea salted dark chocolate
- 1 square soft caramel, flattened with your palms
- 2 oatmeal cookies

Toast marshmallow on skewer and place it, chocolate and caramel between cookies, using top cookie to clamp marshmallow in place. Squish cookies together.

Double Choco Grasshopper

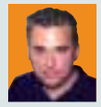
- 1 marshmallow
- 2 mint-filled chocolates
- 2 chocolate graham crackers

Toast marshmallow on skewer. Place it and chocolates between graham crackers, using the top cracker to help remove marshmallow from skewer. Squish.

THE ASSOCIATED PRESS

Liquid Assets

Grown-up apple juice



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Rejoice apple lovers, for I predict this will be the summer of cider.

It's been a long time coming in Canada. You'd think that as an apple-producing country, fermented apple juice would be a hot commodity. But unlike our drinking compatriots in Europe, we've relegated it to second tier beverage status.

You don't have to be a Coronation Street fan to know Brits enjoy a pint of the thirst-quenching stuff — it's an on-tap standard at pubs across the U.K.

Since they are both easy-drinkers, I've no doubt that there's a correlation between the exploding craft beer industry and the way consumers are embracing the wave of specialty cider hitting our shores.

Foundry Golden Cider (500 ml, $3 to $3.95) is a tasty place to start. Classically English, it offers a dry, crisp apple fruit flavour with a touch of effervescence that makes it a great seasonal food companion (think anything grilled).

Don't let global brands distract you from the many ciders being produced in your own backyard. This is one trend making it easy to drink local. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

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Ontario

Have a few gaps in your schedule you're looking to fill?
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MIX OF SIX
Julian Uzielli
london@metronews.ca

Relay for life

Four local bands and one visitor from Chatham will be rocking the APK (347 Clarence St.) on Sunday in support of Relay for Life. London bands Blame it on Brian, The New Outcasts, Castles in the Air and The Tracks will share the stage with Chatham's Sound System to raise money for the Lighting the Way for the Cure relay team. The show is 19 plus, doors open at 7:30 p.m. Admission is $5.

Afternoon blues

If a little live unplugged blues sounds like a good way to spend a summer afternoon, you'll want to check out the East Village Arts Co-op (757 Dundas St.) this Sunday. Allison Brown and Uncle Dan Henshall will play an acoustic set of blues, roots and folk tunes at 3 p.m. The pair recently returned from a "musical pilgrimage" to Nashville and Memphis, Tenn., so their sound will be more authentic than ever. Admission is on a pay-what-you-can basis, suggested at $5 to $10. Seating is limited so get there early.

Bark in the Park

There are so many neglected pets out there in need of a good home. Luckily the Humane Society is there for the animals that fall through the cracks, but they need money to do it. They're hosting the annual Bark in the Park festival from 10 a.m. to 3 p.m. Sunday at The Plunkett Estate (9282 Elviage Dr.). There will be dozens of events and prize packages for people who make pledges. Don't forget to bring your dogs! If you don't bring pledges along, entrance is $10 per vehicle. londonhumanesociety.ca.

Connie Kaldor

Canadian folk singer Connie Kaldor will be performing Friday at Aeolian Hall (795 Dundas St.). Kaldor, a Juno award winner, has spent her life performing. Born in Regina, she began headlining folk festivals in the 1980s and, since then has toured the world, bringing the sound of the Prairies across North America to Europe and China. She's known for a good live show too — she has performed for the Queen, and they don't let just anybody do that. Doors open at 7 p.m. Tickets are $30 at the door.

All about cheese

Lovers of the All Bout Cheese shop at the Saturday farmer's market at Western Fair are in for a treat: The long-standing market fixture is opening a new location across the street at 898 Dundas St. E., where it will stay open throughout the week. The grand opening is Saturday, which includes a meet-and-greet at 3 p.m., a barbecue at 4 p.m., a performance by Canadian guitar great Bill Durst at 5 p.m. and hourly door-crasher specials. The shop will be open for business from 8 a.m.

Labatt exhibit

Labatt's beer has been brewed in London for more than 165 years. That legacy is being celebrated at Museum London (421 Ridout St. N.), where The Labatt Story and A Year At Labatt exhibits have been on since April. But on Sunday afternoon, museum patrons will be treated to the complete Labatt experience with a tour guided by artist Iain Baxter and curator Laurence Grant, culminating in a beer tasting. Admission is free and the tour starts at 1 p.m.

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Healthy diet. Select high-quality, reputable commercial food for your canine companion

MICHELLE WILLIAMS
For Metro

Select a diet specific to your pet's needs to ensure it lives a healthy life. DEKLOFENAK/VEER

It's difficult watching your dog woefully begging for a few of your table scraps. While it might be tempting to scrape your plate into Fido's bowl, is it really a good idea?

"Dogs have distinct nutritional needs, different from humans," said Dr. Donna Curtin, a board member with the Ontario Veterinary Medical Association and a veterinarian with a specific expertise and interest in dog nutrition. "Studies show that after two or three months of eating food that is not specifically prepared or formulated for dogs, they become nutrient deficient."

In order to ensure your dog enjoys a healthy diet, here are a few things you should be considering when feeding your canine companion.

Feed your dog a balanced diet. All-meat diets, table scraps or dog foods that are not optimally formulated to meet a dog's nutritional needs are not the best choices. "Select a high-quality, reputable, commercial food for your dog," Curtin said. "They're formulated to ensure your dog receives all the valuable nutrients he can absorb."

Hard and soft foods are both good for your pet. According to Curtin, "both are good, and if your dog learns to eat both then neither will be strange or foreign." Some dog owners worry that canned food isn't good for their dog's teeth, but Curtin says otherwise. "Canned food doesn't cause dental disease any more than kibble. If you're looking for a food that helps the teeth, there are diets specifically formulated to clean them."

Select a diet specific to your pet's needs. Pick a formulation that works best for your dog's needs. "Work with your veterinarian to determine the best formulation for your dog based on his specific age, breed and health concerns," Curtin said.

How much is too much?

"If dog food is formulated by a reputable company, you can follow the guidelines on the packaging," said Dr. Donna Curtin, a board member with the Ontario Veterinary Medical Association. "Dog food companies have done feeding trials to ensure they know how much you should be giving your dog."

However, consider such things as your dog's age and lifestyle — if your pet is sedentary or older it may not need as much food.

MICHELLE WILLIAMS

Feed your dog at specific feeding times, don't just leave food down all the time. ANDRESR/VEER

Feeding time. Don't let Rover go overboard

Feeding your dog should be simple, so here are some easy ways you can optimize your pet's diet and lifestyle.

1 Don't leave the food down all the time. Just feed your dog at their specific feeding time. "Dogs won't self-regulate, which means they can end up eating too much and becoming obese," said Dr. Donna Curtin, an Ontario Veterinary Medical Association board member and veterinarian with a specific expertise and interest in dog nutrition.

2 Keep the water bowl clean. It's vital that your dog always has a ready supply of clean water. Be sure to top it up after your dog has been active or spent time outside in the summer heat. "This is especially true for little dogs, because it dilutes their urine and makes them less prone to urinary crystals, which form together to make bladder stones," Curtin said.

3 Watch the treats. "Dog treats are formulated to be given to your pet occasionally, so limit treats to once or twice daily," Curtin said. Filling up on treats may make your dog lose interest in its meals, so consider a game of fetch, a belly rub or a cuddle — your dog will love that just as much.

4 Get healthy together. Walk your dog at least once a day to keep your pet's heart, bones and muscles healthy and to help maintain a healthy weight. Just letting your dog out in the backyard won't ensure it gets the exercise it needs. Get out and walk, throw a ball or play a game of soccer together. "It's great pet bonding time, too," Curtin said. And keeping your dog active means you are exercising, too, which benefits you both. MICHELLE WILLIAMS

Maintaining a healthy weight

- You want to be sure your dog maintains a healthy weight — that means "you should be able to see your dog's 'waist' and you should easily be able to feel her ribs," said Dr. Donna Curtin, a board member with the Ontario Veterinary Medical Association. If not, you may reconsider what you feed your dog and how much you are feeding it. Don't forget that if your dog has weight challenges, it's also important to add more exercise to its routine.

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2014 Olympics

Billions in Sochi money stolen by officials: Critic

Russian officials and businessmen have stolen billions of dollars during the years of preparations for the 2014 Winter Games in Sochi, a prominent Russian opposition figure claimed Thursday.

Boris Nemtsov, a former Russian deputy prime minister turned Kremlin critic, and an associate said in a report released Thursday that up to $30 billion US was stolen in the run-up to the games in the southern Russian city.

THE ASSOCIATED PRESS

French Open

Djokovic devours Pella to line up rival Dimitrov

Novak Djokovic took care of Argentina's Guido Pella.

His next match in the third round of the French Open won't be as easy.

The top-ranked Djokovic brushed aside Pella 6-2, 6-0, 6-2 on Thursday to line up Grigor Dimitrov of Bulgaria.

The same Dimitrov who beat him this month in the second round of the Madrid Open, 7-6 (6), 6-7 (8), 6-3. That was Dimitrov's biggest win. He also took a set off Rafael Nadal in the quarter-finals of the Monte Carlo Masters last month.

THE ASSOCIATED PRESS

MLB

Grimm fairy tale continues against Diamondbacks

Justin Grimm joined the Texas rotation as a stopgap.

The rookie right-hander pitched more like an ace Thursday.

Mitch Moreland hit a two-run homer and Grimm took a shutout into the sixth inning to help the Rangers snap their first three-game losing streak of the season with a 9-5 interleague victory against the Arizona Diamondbacks on Thursday.

Grimm (5-3) allowed four hits through five innings while Texas cooled off Arizona starter Brandon McCarthy on the way to a 9-0 lead. THE ASSOCIATED PRESS

Blackhawks captain Jonathan Toews will need to hold his team together as the Kings look to pick them apart in Game 1 Saturday. PAUL SANCYA/THE ASSOCIATED PRESS

Blackhawks back in Presidential form

NHL playoffs. Relentless squad starting to regain regular-season steam as they prepare to face the Kings Saturday at home

In case there were any doubts, the Chicago Blackhawks are showing they can be resilient as well as dominant.

They made it look easy in the regular season. But they had to dig deep in the playoffs.

The Blackhawks dug their way out of a 3-1 deficit in the Western Conference semifinals to take the series in seven games, beating the rival Detroit Red Wings 2-1 on Brent Seabrook's overtime goal Wednesday night.

They will now face the defending champion Los Angeles Kings in what could be another difficult series for a team eyeing its second Stanley Cup in four seasons. Game 1 of the conference finals is in Chicago on Saturday.

"It's not the way you want to win a series, going down three games to one," captain Jonathan Toews said. "But to come out on top given the situation we were in three games ago, it shows the character that we have on top of the ability and the potential.... We need to use the ability and the confidence this gives us."

No team made it look easier in the regular season than the Blackhawks, who got off to a record start and captured the Presidents' Trophy. But it's been a different story in the playoffs.

They came in looking for more after back-to-back first-round exits following their championship run in 2010. They took out Minnesota in five games and were looking good after a 4-1 win over Detroit in Game 1, but the series turned in a big way after that. The Blackhawks managed just two goals in Games 2 through 4 and found themselves facing elimination.

The team came back to outscore the Red Wings 10-5 over the final three games and became the 25th team to win a series after falling behind 3-1. It was the first time a Chicago team had done it.

THE ASSOCIATED PRESS

Vote of confidence

Defenceman Robyn Regehr agreed to a two-year, $6-million US contract extension with the Los Angeles Kings on Thursday, passing up a chance at free agency this summer.

- Regehr has appeared in just 12 regular-season games and 13 playoff contests with the Kings, who acquired him from the Sabres.

Blackhawks (1) vs. Kings (5)

Season series: Chicago 2-1. **Playoff History:** Chicago 1-0. **Last meeting:** Chicago 4-1 in 1974 quarter-finals.

How they got here: Chicago defeated No. 8 Minnesota 4-1; defeated No. 7 Detroit Red Wings 4-3. Los Angeles defeated No. 4 St. Louis 4-2; defeated No. 6 San Jose Sharks 4-3.

Outlook: The Kings needed 44 seasons to win the cup for the first time. It will take more than one to claim their second. Chicago regained momentum in its comeback vs. Detroit. Another trip to the final is theirs for the taking. **Blackhawks in 7.**

Game 1: Saturday, 5 p.m. (TSN).

Penguins (1) vs. Bruins (4)

Season series: Pittsburgh 3-0. **Playoff history:** Series tied 2-2. **Last meeting:** Pittsburgh 4-0 in 1992 Wales Conference finals.

How they got here: Pittsburgh defeated No. 8 New York Islanders 4-2; defeated No. 7 Ottawa Senators 4-1. Boston defeated No. 5 Toronto 4-3; defeated No. 6 New York Rangers 4-1.

Outlook: The Pens earned the top seed in the East for a reason. Although the Bruins are playing well, and it should be close, Pittsburgh has enough weapons to advance to the Stanley Cup final. **Penguins in 7.**

Game 1: Saturday, 8 p.m. (CBC).

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You will be in a social mood today and you are advised to get whatever obligations you have out of the way quickly so you can focus on more interesting things — and people. Friends are fun, and so are you.

♉ Taurus
April 21 - May 21
It may feel as if your life is in limbo but don't worry about it. You will soon be moving in the right direction. The road may at times be tough but you're tough enough to walk it.

♊ Gemini
May 22 - June 21
If you let people know what it is you are planning, you make it easier for them to compete with you, so keep it to yourself for the time being. Knowledge is power and power is not something you just give away.

♋ Cancer
June 22 - July 23
If you focus on negative thoughts then, inevitably, you will get negative results. As Mars moves into the most sensitive area of your chart today, you must be positive in every possible way.

♌ Leo
July 24 - Aug. 23
You are in an aggressive mood and it's likely that someone you encounter today will bring out the worst in you. Try to remember though that not everyone is your enemy.

♍ Virgo
Aug. 24 - Sept. 23
As Mars moves into the career area of your chart today, you may find yourself looking over your shoulder more often than you should. "Enemies" cannot do anything to hurt you.

♎ Libra
Sept. 24 - Oct. 23
No matter how many little things may have gone wrong, big things are still going well and will continue to move in your favour. The world is a wonderful place — and getting better by the minute.

♏ Scorpio
Oct. 24 - Nov. 22
Focus on the good things in life. According to the planets, you can't do a thing wrong at the moment — and even if you do, Mercury will help you talk your way out of it.

♐ Sagittarius
Nov. 23 - Dec. 21
Your luck seems to be in at the moment and you would not be human if you did not take advantage of it. Don't listen to those who say it is immoral to succeed while others fail.

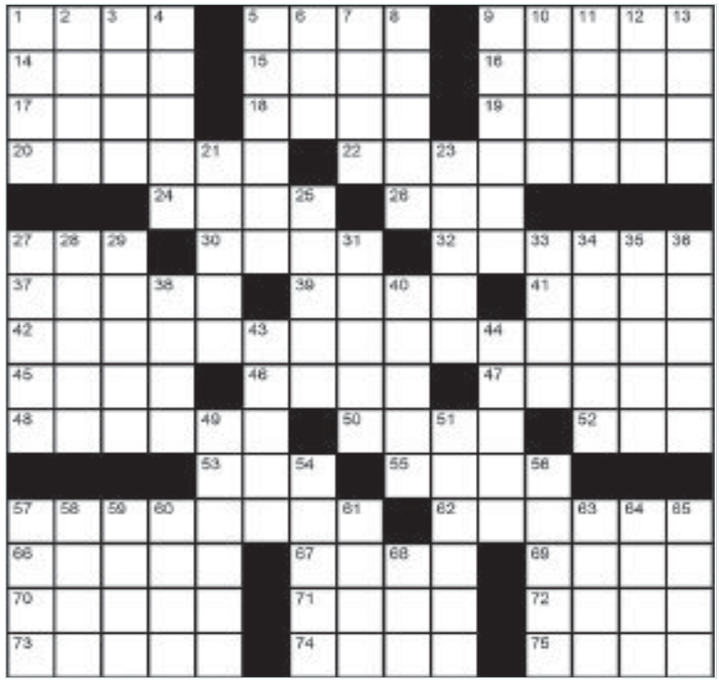
♑ Capricorn
Dec. 22 - Jan. 20
Look at the world and see what a wonderful place it is. With a little bit of optimism, you can achieve some extraordinary things. What might you achieve with a lot?

♒ Aquarius
Jan. 21 - Feb. 19
Find ways to combine words and actions. With Mars, planet of energy, moving in your favour there is nothing you cannot do if you put your mind to it. And there's the only problem: you seem distracted.

♓ Pisces
Feb. 20 - March 20
If someone gives you a tough time today, you must take them on. If you let them get away with saying untrue things, they will take it as a sign of weakness. Stand up for yourself. **SALLY BROMPTON**

Crossword: Canada Across and Down

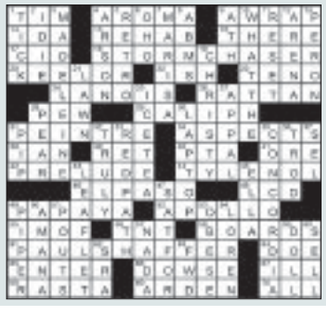
BY KELLY ANN BUCHANAN



Across
1. Chatters
5. "Ah, me."
9. Bedding linen
14 Rush, office-style
15. Do some road-work
16. Mr. Pig
17. Fodder holder
18. Ransack
19. Boring tool
20. The Rachel, in the 1990s, for one
22. Alberta's provincial flower: 2 wds.
24. Office fill-in worker
26. Scottish negative
27. Cave's ceiling clinger
30. "Want to make __?"
32. __ and bass (Stereo knobs)
37. Like the potatoes in the pot
39. Scooby's sniffer
41. Alex Rodriguez, to baseball fans
42. k.d. lang hit: 2 wds.
45. Cooking show appliance
46. Swerve
47. Slim spot to sit on
48. Get comfy
50. Shania Twain's ex-hubby Mr. Lange
52. R's spelled-out follower
53. Ceramics, for example
55. Bar beverage
57. Ontario hometown of The Tragically Hip
62. Typos
66. "Chasing Pavements" songstress
67. Charlize Theron movie, "__ Flux" (2005)
69. Exuberance
70. Happen again
71. Beach volleyball surface
72. Birthday dessert
73. The Great __
74. Cafeteria carrier
75. Understood

Down
1. Large cut
2. "Heat of the Moment" band
3. Island of Indonesia
4. Football, for example
5. Poise
6. Philosopher, __-tzu
7. Profess
8. __ stone (Cannot be changed): 2 wds.
9. "Boston Legal" actor James
10. "This __ Has 22 Minutes" on CBC
11. Thus
12. __ out a living
13. Ancient port of Lebanon
21. Gave out
23. Afterwards
25. Short-tubed pasta
27. John Candy comedy, "Canadian __" (1995)
28. Over
29. Hues
31. __ pole
33. Roof part
34. Wedding gown wearer
35. Yearns
36. Boundaries
38. "__ She Lovely" by Stevie Wonder
40. Surgeon's pre-surgery cleanse
43. Deflect
44. Vary
49. Cosmetic surgery tools
51. Like followers of fads
54. Wedding reception salute
56. Sunken ship
57. Communist, __ Marx
58. Brain wave
59. Spot for some jewelry
60. Sticky stuff
61. By
63. The __ Parsons Project
64. __ 1, as per movie scene filming
65. From the start again
68. "__ _ Carousel" by The Hollies

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	6	8	3	5	9	4	2	7
4	5	9	7	2	6	3	1	8
7	2	3	4	1	8	9	6	5
2	7	5	9	8	1	6	3	4
3	9	6	5	7	4	2	8	1
8	4	1	2	6	3	7	5	9
6	1	7	8	9	2	5	4	3
9	8	4	6	3	5	1	7	2
5	3	2	1	4	7	8	9	6

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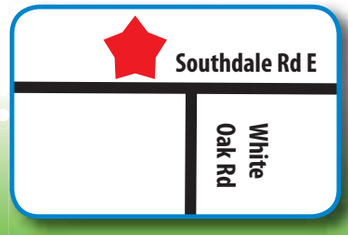

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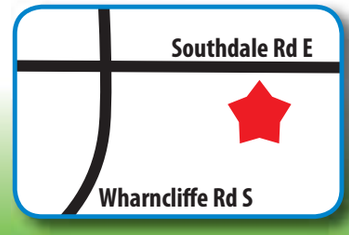

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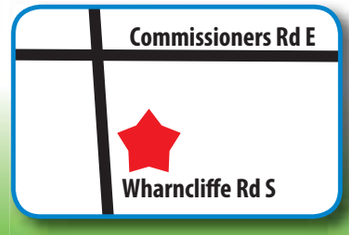

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